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المملكة العربية السعودية

الأدعية المختارة للحياة اليومية
Selected Supplications
for the Day and the Night

Prepared by
DARUSSALAM



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*In the Name of Allâh,
the Most Gracious and Most Merciful*

*"Their sides forsake their beds, to invoke
their Lord in fear and hope, and they
spend (in charity in Allâh's Cause)
out of what We have bestowed
on them." (32:16)*

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CELEBRATING THE PRAISES OF ALLÂH

Allâh the All-Mighty has said:

“Therefore remember Me. I will remember you,
and be grateful to Me and never be ungrateful to
Me.”¹

And He said:

“O you who believe, Remember Allâh with much
remembrance again.”²

And He said:

“And the men and women who remember Allâh
much with their hearts and tongues, Allâh has
prepared for them forgiveness and a great reward.”³

And He said:

“And remember your *Rubb* by your tongue and
within yourself, humbly and with fear and, without
loudness, by words in the morning, and in the
afternoon and be not among those who are

¹ 2:152. Meanings of *Ayât* from the Qur'ân in this book are based
on Muhammad Muhsin Khan, *The Interpretation of the
Meanings of the Noble Qur'ân*, Darussalam, Riyadh.

² 33:41.

³ 33:35.

neglectful.”⁴

The Prophet صلى الله عليه وسلم said:

“He who remembers his *Rubb* and he who does not remember his *Rubb* is like the living and the dead.”⁵

And he said:

“Shall I not tell you about the best of your works, the purest of your possessions, your most elevated station, the thing that is better for you than spending your gold and silver [in the way of Allâh], and better for you than meeting your enemies and slaying them and being slain?” “O yes,” they said. He said, “Remembrance of All-mighty Allâh.”⁶

And he said:

“All-mighty Allâh says, ‘I am with my slave when he thinks of Me and I am with him when he mentions Me. For if he mentions Me to himself, I

⁴ 7:205.

⁵ Al-Bukhâri, cf., Al-Asqalâni, *Fath Al-Bâri* 11/208, Muslim 1/539 with the wording: “The house in which Allâh is remembered and the house in which Allâh is not remembered are like the living and the dead.”

⁶ At-Tirmidhi 5/459, Ibn Mâjah 2/1245. See Al-Albâni, *Sahih Ibn Mâjah* 2/316 and *Sahih At-Tirmidhi* 3/139.

have mentioned him to myself; and if he mentions Me in a gathering, I have mentioned him in a superior gathering. If he approaches Me by a hand’s width, I approach him by an arm’s length; and if he approaches Me by an arm’s length, I approach him by a mile’s length. And if he comes to Me walking, I hasten to him swiftly.”⁷

Abdullah bin Busr said that a man asked the Prophet صلى الله عليه وسلم, “O Allâh’s Messenger (صلى الله عليه وسلم), there are so many ways that we are permitted to worship Allâh. Please give me a simple thing that I can do.” The Prophet صلى الله عليه وسلم said:

“Let your tongue always be moist with the remembrance of Allâh.”⁸

And he said:

“Whoever reads a letter from the Book of Allâh, will receive one *Hasana*, and one *Hasana* comes with ten like it. I do not say that *Alif*, *Lam*, *Mim* is a letter. Indeed *Alif* is a letter, and *Lam* is a letter, and *Mim* is a letter.”⁹

⁷ Al-Bukhâri 8/171, Muslim 4/2061; this wording is from Al-Bukhâri.

⁸ At-Tirmidhi 5/458, Ibn Mâjah 2/1246. See Al-Albâni, *Sahih At-Tirmidhi* 3/139 and *Sahih Ibn Mâjah* 2/317.

⁹ At-Tirmidhi 5/175. See Al-Albâni, *Sahih At-Tirmidhi* 9/3 and *Sahih As-Saghîr* 5/340.

‘Uqbah bin ‘Amir رضى الله عنه said:

“Whoever sits and does not mention the Name of Allâh [before he rises] will find it a cause of sorrow. Whoever lies down to sleep and does not mention the Name of Allâh before rising will find it a cause of sorrow.”¹⁰

And the Prophet صلى الله عليه وسلم said:

“Whoever sits in an assembly of people who do not mention the Name of Allâh in their gathering, and who do not ask Allâh for his blessings on their Prophet, will find it a cause of sorrow. If He wishes He will punish them, and if He wishes will forgive them.”¹¹

And he said:

“No people may rise from an assembly in which they have failed to mention the Name of Allâh without it being as if they were getting off a dead donkey’s rotting back, and it would be a cause of affliction for them.”¹²

¹⁰ Abu Dawud 4/264. See Al-Albâni, *Sahih Al-Jâmi‘ As-Saghîr* 5/342.

¹¹ At-Tirmidhi. See Al-Albâni, *Sahih At-Tirmidhi* 3/140.

¹² Abu Dawud 4/264. See Al-Albâni, *Sahih Al-Jâmi‘* 5/176.

1. Supplications for when you wake up

١ - «الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ».

1. *Alhamdu lillâhil-ladhi ahyâna ba‘da ma amâtana wa ilaihin nushûr.*

Praise is to Allâh Who revives us after causing us to die and resurrection is His.¹³

٢ - «لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ. سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ، رَبِّ اغْفِرْ لِي».

2. *La ilâha illallâhu wahdahu lâ shareeka lahu, lahul mulku wa lahul hamdu, wa Huwa ‘ala kulli shai’in Qadeer. Subhânâllâhi, wal hamdu lillâhi, wa lâ ilâha illallâhu, wallâhu akbar, wa lâ haula wa lâ Quwwata illâ billâhil Aliyyil Azeem, Rabbighfirli.*

There is no god but Allâh Alone. He has no partner. His is dominion and His is praise, and He is Capable of all things. Glory is to Allâh. Praise is to Allâh. There is no power and no strength except with Allâh. Allâh is the Greatest. There is no power and strength except with Allâh, the Exalted, the Mighty. My *Rubb*, forgive me.¹⁴

¹³ Abu Dawud 4/264, Ahmad 2/389. See also *Sahih Al-Jâmi‘* 5/176.

¹⁴ Al-Bukhâri, cf. Al-Asqalâni, *Fath Al-Bâri* 11/113, Muslim 4/2083.